

The present invention related to an ink for ink-jet comprising: a coloring composition containing coloring particulates dispersed in a water based medium, the coloring particulates containing an oil soluble dye and an oil soluble polymer; and wherein the coloring composition has wavelength of maximum absorption (λ max(nm)) in the wavelength range from 510 to 560 nm and when the absorbance at the wavelength of maximum absorption (λ max(nm)) is regarded as 1, the absorbance at a wavelength (λ max + 75 (nm)) is no more than 0.2 and the absorbance at a wavelength (λ max - 75 (nm)) is no more than 0.4.